

Special Olympics: Return to Activity

Code of Conduct

June 2020

Special Olympics



Introduction



I understand I could get Coronavirus through sports, training, competition and/or any group activity at Special Olympics. I am choosing to participate in sports, competition and/or other Special Olympics activities at my own risk.

During the time these precautions are needed, I agree to the following to help keep me and my fellow participants safe:

#1



If I have COVID-19 symptoms or have been near someone who has had COVID-19 in the past 14 days, I will stay at home and NOT go to any activities until 14 days after exposure or 7 days after all of my symptoms are over (unless I have received clearance from a healthcare professional).

#2



Special Olympics gave me education on Special Olympics rules for COVID-19 and who is at high-risk.

#3



I know that if I have a high-risk condition, I have more risk that I could get sick or have serious outcomes from COVID-19. Until there is little or no Coronavirus cases in my community, if I have a high-risk condition, I know I should not participate in-person at Special Olympics events.

#4



I know that before I participate in a Special Olympics activity, I will be asked questions about symptoms or exposure to COVID-19. My temperature may also be taken. I will answer truthfully to all questions and participate fully.

#5



I will keep at least 6 ft/2m from all participants at all times.

#6



I will wear a mask or face covering at all times while at Special Olympics activities. I may not have to wear it during active exercise.

#7



I will wash my hands for 20 seconds or use hand sanitizer before any Special Olympics activities.

I will wash my hands for 20 seconds any time I sneeze, cough, go to the bathroom or get my hands dirty.

HAND WASHING IS IMPORTANT BECAUSE...

Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria.

It is the best way to stop germs from spreading.



HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

6 EASY STEPS TO CLEAN HANDS



WET YOUR HANDS



WASH ALL THE SURFACES OF YOUR HANDS

5



#8



I will avoid touching my face and will cover my mouth when I cough or sneeze and I will immediately wash my hands after.

#9



I will not share water/beverages bottles or towels with other people.

#10



I will only share equipment when instructed to. If equipment must be shared, I will only touch the equipment if it is disinfected first.

#11



If I get or have had COVID, I will not go to any in-person Special Olympics events until 7 days after my symptoms end. I will go to my doctor and get written clearance before returning to any sport or fitness activities.

#12



I understand that if I do not follow all of these rules, I may not be allowed to participate in Special Olympics activities during this time.